

# Foundations Planner Scope & Sequence

2017-2018

The FOUNDATIONS planners are based on the principles outlined in Sean Covey's best-selling book *The 7 Habits of Highly Effective Teens*®.

This Scope & Sequence chart provides an overview of the monthly themes as they are presented in the student planners. Each theme focuses on a 7 Habits® concept and explores ways students can increase their personal potential through planning and planner use. The planner's rich, habit-building content helps students develop personal and interpersonal skills and supports them in building strong character.

*Use this chart to examine the planner's monthly and weekly content, connections, and learning outcomes at a glance to assist in your planning process.*

MONTH	THEME	7 Habits® CONNECTION	WEEKLY CONTENT	LEARNING OUTCOME
AUG.	HABITS	SET-UP	Forming good habits	Students will examine different types of habits. They will differentiate between good and bad habits and will identify, and begin to build, good habits in their own lives.
			Breaking bad habits	
			Forming planning habits	
			Building new habits	
			Changing habits	
SEP.	PARADIGMS & PRINCIPLES	SET-UP	Understanding paradigms of self	Students will explore paradigms and principles. They will identify how paradigms affect their world views and will begin to develop an awareness of different points of view. They will also evaluate the important role principles play in their lives.
			Identifying paradigms of others/life	
			Identifying principles	
			Focusing on principles	
OCT.	PERSONAL BANK ACCOUNT®	PRIVATE VICTORY®	Identifying an empty Personal Bank Account®	Students will explore the concept of Personal Bank Accounts®. They will learn to recognize the signs of empty and full accounts and will identify how treating themselves with respect will help them take steps toward forming a strong character.
			Identifying a full Personal Bank Account®	
			Making deposits and withdrawals from a Personal Bank Account®	
			Finding ways to tap into your talents	
NOV.	HABIT 1: BE PROACTIVE®	PRIVATE VICTORY®	Identifying proactive language	Students will build the habit of taking responsibility for their lives by examining the difference between proactive and reactive responses and assessing how strategies, such as "pushing pause," can help them maintain control of their lives.
			Understanding problems with reactive language	
			Understanding the Circle of Control®	
			Learning to "push pause," or stop and think	
			Having a can-do attitude	

MONTH	THEME	7 Habits® CONNECTION	WEEKLY CONTENT	LEARNING OUTCOME
DEC.	HABIT 2: BEGIN WITH THE END IN MIND®	PRIVATE VICTORY®	Creating a Personal Mission Statement®	Students will begin to develop the habit of making a plan for their lives and setting goals. They will consider their Personal Mission Statement®, examine the value of goal setting, and review goal-setting methods.
			Setting goals	
			Identifying the keys to goal setting	
			Setting SMART goals	
JAN.	HABIT 3: PUT FIRST THINGS FIRST®	PRIVATE VICTORY®	Understanding the time quadrants	Students will explore how prioritizing can help them make a habit of taking care of important responsibilities first. Students will examine personal priorities and evaluate how stepping out of their comfort zones can help them Put First Things First®.
			Identifying what's important	
			Scheduling important tasks	
			Entering the Courage Zone	
FEB.	RELATIONSHIP BANK ACCOUNT®	PUBLIC VICTORY®	Making Relationship Bank Account® deposits	Students will be introduced to the concept of the Relationship Bank Account®. They will recognize how building deep and lasting relationships with others will help to produce strong interpersonal skills.
			Being loyal	
			Saying sorry	
			Doing acts of kindness	
MAR.	HABIT 4: THINK WIN-WIN®	PUBLIC VICTORY®	Thinking win-lose	Students will weigh the importance of a win-win attitude as they form the habit of wanting the best for themselves and others. They will explore situations in which they can Think Win-Win® and discover ways to overcome obstacles to thinking win-win.
			Thinking lose-win	
			Thinking lose-lose	
			Thinking win-win	
			Understanding the power to Think Win-Win®	
APR.	HABIT 5: SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD®	PUBLIC VICTORY®	Identifying poor listening styles	Students will develop strong communication habits. They will explore being genuine listeners who use their eyes, ears, and hearts to understand what others are trying to communicate. They will also evaluate positive and negative listening habits.
			Being a genuine listener	
			Mirroring communication	
			Seeking to be understood	
MAY	HABIT 6: SYNERGIZE®	PUBLIC VICTORY®	Being aware of synergy	Students will explore the value of working with others to achieve more than they could on their own. They will examine the traits of synergy and will consider how accepting others' differences can help them be open to opportunities to Synergize®.
			Identifying roadblocks to synergy	
			Celebrating differences	
			Getting to Synergy Action Plan®	
			Using creative collaboration	
JUNE	HABIT 7: SHARPEN THE SAW®	RENEWAL	Caring for your body	Students will consider the importance of maintaining a balanced lifestyle and the value of making personal renewal a habit. Students will explore different ways to refresh themselves mentally, emotionally, physically, and socially.
			Caring for your brain	
			Caring for your heart	
			Caring for your soul	